



THERAPEUTIC RECREATION

program guide

Fall 2022

Therapeutic Recreation HEALTH DOMAINS



social health

- encourages social interaction in a fun + non-threatening environment
- maintains + increases a level of socialization
- encourages sharing of thoughts + opinions with others



emotional health

- provides an opportunity for clients to express thoughts + feelings through creative process
- promotes feelings of accomplishment
- promotes a healthy expression of emotions



spiritual health

- provides an opportunity to engage in spiritual uplifting in a non-threatening environment
- helps manage stress + anxiety
- promotes self-expression



physical health

- provides exercise that is fun, safe + appropriate for all levels of cognitive + physical ability
- promotes physical activity by providing opportunities to engage in simplified + adapted activities that use familiar sports equipment



cognitive health

- encourages thought processes involving strategic thinking, logic + decision-making
- maintains + improves long-term + short-term memory
- encourages sharing of thoughts, opinions + prior knowledge on familiar subjects

JMCC's recreation therapist incorporates these health domains into the design of each therapeutic recreation program.



SOCIAL STARS

JMCC is partnering with Learning Disabilities Association to launch a new, exciting social group! During these 4 weeks together we will build new friendships while playing video games, making personal pizzas, exploring different crafts, and celebrating the spooky season. Register early as this group has limited spots available.

CRITERIA: Ability to follow two-step instructions.

AGES: 8 to 12 years

WHEN: Tuesdays, 5 to 6 p.m.
October 4 - October 25

WHERE: JMCC gym

COST: \$20



GUARDIAN AND CHILD MUSIC THERAPY

Let's come together to sing, dance, and play different musical instruments with Candice from Inspired Sounds Music Therapy. This special time will not only strengthen the bond between guardian and child but will also allow children to explore the world of music while making some new friends.

CRITERIA: Must attend with a guardian. All abilities are welcome!

AGES: 0 to 6 years

WHEN: Wednesdays, 3:30 to 4:15 p.m.
October 19 - November 23

WHERE: 1168 Drouillard Rd.



CLUB COMMUNITY

In this community-based, social program we will explore different attractions that Windsor-Essex has to offer. Participants are expected to arrange for their own rides and come prepared with payment for each activity. For more information or questions, contact our Recreation Therapist.

CRITERIA: Interest in exploring the community with some independence. Ability to follow instructions independently. Support workers are welcome!

AGES: 16 to 21 years

WHEN: Thursdays, 6 to 7:15 p.m.
October 6 - October 27

WHERE: October 6: Rev's Rose Bowl
October 13: On the Green
October 20: Hidden Trails Escape Room
October 27: Kelsey's Roadhouse

COST: Dependant on activity.



EXPLORING FOOD WITH PLAY

Shh, don't tell the adults we are playing with our food!! In this social program, we will explore seeing, touching, smelling, and tasting while we play and explore our food.

CRITERIA: Must be able to follow two-step instructions. Interest in exploring new foods.

AGES: 5 to 10 years

WHEN: Mondays, 5:30 to 6:15 p.m.
October 17 & November 14

WHERE: JMCC

COST: \$10



MONSTER MASH

BOOO! Come on out to JMCC for fun pumpkin decorating and some monster mash dancing. Don't forget to put on your costume or dress in black and orange to go home with some spooky prizes.

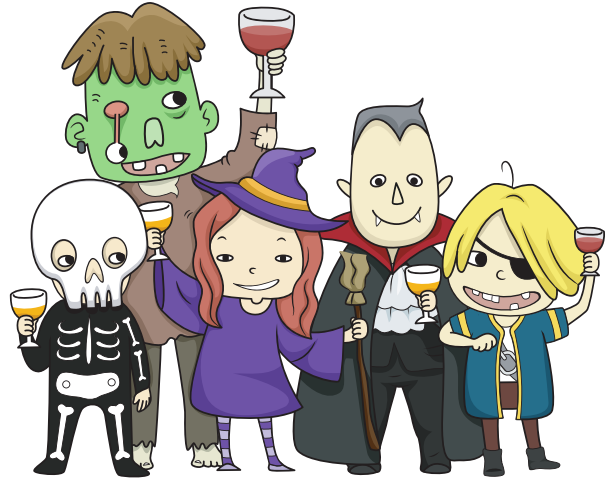
CRITERIA: All abilities are welcome.

AGES: All ages are welcome.

WHEN: October - Date TBD

WHERE: JMCC gym

COST: No Cost



FLOOR HOCKEY

NHL trainer Chad Fuller wants to play floor hockey with you! During this 4 week program, we will learn and practice basic skills needed to be successful while playing the game of floor hockey. Each practice will end in a friendly and fun game!

CRITERIA: Interest in exploring floor hockey. Must be able to follow two-step instructions.

AGES: 7 to 14 years

WHEN: November - Dates TBD

WHERE: JMCC gym

COST: \$20



SNOWMAN'S SOIREE

It's the Holiday season and it's time to get together to celebrate with friends and family! Register early as there are limited spots available for this event.

CRITERIA: All abilities are welcome.

AGES: All ages are welcome.

WHEN: Thursday, 6 to 7 p.m. (drop-in)
December 8

WHERE: JMCC gym

COST: No cost.



COMMUNITY OPPORTUNITY

MIRACLE LEAGUE

We welcome players with unique abilities who want to play the game that we all love! Miracle League baseball is an experience for the entire family, come out and watch and enjoy the fun with dancing, music, and exciting baseball games! For more information, please visit the Miracle League websites or contact our Recreation Therapist.

CRITERIA: Support workers welcome. Ability to follow direction.

COST: \$45 per session

WEBSITES: <https://www.farrowriversidemiraclepark.com/>
<https://amherstburgmiracle.com/>



HONOURABLE NINJA'S

A fun therapeutic program that teaches children to train in the "art" of martial arts, acquiring special skills to accomplish their mission to fight their challenges. This program builds self-esteem, confidence, self-respect and self-discipline along with special breathing techniques, which improves focus and concentration. Participants also learn how to work with others and follow directions from their instructors. These skills contribute to the well-being of children physically, spiritually and emotionally.

CRITERIA: All abilities are welcome

COST: No cost

WEBSITE: <https://www.inhonour.ca/programs-17/kids-beatingcancer-honourable-ninjas>

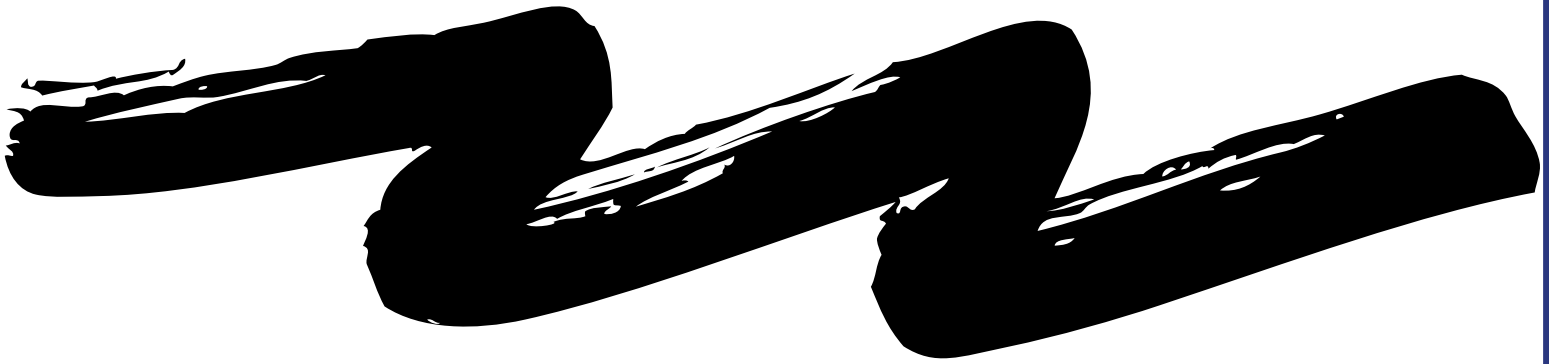


WINSTARS GYMNASTICS

The special needs program provides kids and youth a chance to be physically involved in gymnastics. Gross motor skills and body awareness will be challenged.

CRITERIA: Participants must attend with a support person

WEBSITE: <https://www.winstarsgym.com/>



MOVEMENT AND IMPROVEMENT

Our dance program is designed for people of all ages and abilities who want to dance. We work with the dancer to create a fun and engaging environment for each dancer's skill level. From exercising to singing, dancing, integrating props and of course making new friends. Each dancer will enjoy the class in their own way.

CRITERIA: All abilities are welcome

WEBSITE: www.academiestececile.ca





Mallory Reiner

JMCC Recreation Therapist



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REGISTRATION + ADDITIONAL INFORMATION

For more information about any of our JMCC therapeutic recreation programs or other inclusive recreation opportunities in Windsor-Essex County, please contact Mallory Reiner, JMCC Recreation Therapist.

Mallory facilitates JMCC programs to enable children and youth to achieve quality of life and optimal health through meaningful participation in recreation and leisure. She is also available for one-on-one sessions with clients by appointment.

Mallory has developed many strong partnerships with community members and organizations and is able to help families navigate what community programs are suitable for each individual child. She also assists with eliminating barriers and making necessary adaptations to allow for full community participation.